

The following fitness devices are compatible with HumanaVitality®



	Device	Vitality Points™ Awarded for:	Connection equipment required
Pedometers	HumanaGear SM Pedometer Two models are currently compatible: -G1 Pedometer -G2 Pedometer	Members of Humana's Medicare Advantage, Medicare Prescription Drug, or Medicare Supplement Plans: Take at least 3,000 steps in a calendar day to earn 10 Vitality Points™ or take 7,000 steps in the same day to earn 15 Vitality Points (once per calendar day). All other members: Take 10,000 steps in a calendar day and earn 15 Vitality Points (once per calendar day).	USB cable included for G1 (cable not necessary for G2) Register your device in the Humana Pedometer section on Humana Fit.
	Fitbit Pedometer Four models are currently compatible: - Fitbit - Fitbit Ultra - Fitbit One - Fitbit Zip - Fitbit Flex	Members of Humana's Medicare Advantage, Medicare Prescription Drug, or Medicare Supplement Plans: Take at least 3,000 steps in a calendar day to earn 10 Vitality Points or take 7,000 steps in the same day to earn 15 Vitality Points (once per calendar day). All other members: Take 10,000 steps in a calendar day and earn 15 Vitality Points (once per calendar day).	Base station included with purchase of Fitbit. Link your Fitbit account through the Universal Device Connection section on Humana Fit.



	Device	Vitality Points Awarded for:	Connection equipment required
Applications	Humana Fit for iPhone fitness tracking application For more information: http://www.humanafit.com/imapmy/iphone/	Calories: Burn 200 calories in a single workout and earn 15 Vitality Points (once per calendar day).	None. App connects directly to Humana Fit.
	Humana Fit for Android (OS 2.1 or higher) fitness tracking application For more information: http://www.humanafit.com/imapmy/android/	Calories: Burn 200 calories in a single workout and earn 15 Vitality Points (once per calendar day).	None. App connects directly to Humana Fit.
	Humana Fit for BlackBerry® Smartphone (OS 5.0 or higher) fitness tracking application For more information: http://www.humanafit.com/imapmy/blackberry/ Note: Humana Fit requires that your BlackBerry's GPS-location functionality is enabled and the third-party access is supported by your mobile carrier. Connection to the Internet via a wireless network or a data plan provided by your mobile carrier is also required to operate this application. Blackberrys supplied to Humana Associates are not supported.	Calories: Burn 200 calories in a single workout and earn 15 Vitality Points (once per calendar day).	None. App connects directly to Humana Fit.
	Nike+ Running app for iPhone®	Calories: Burn 200 calories in a single workout and earn 15 Vitality Points (once per calendar day).	A compatible smartphone is required (full list of compatible handsets available in Nike®+ Running app description posted on the App Store). Link your Nike+ account to your Humana Fit account through the Universal Device Connection section on Humana Fit website.
	Nike+ Running app for Android®	Calories: Burn 200 calories in a single workout and earn 15 Vitality Points (once per calendar day).	A compatible smartphone is required (full list of compatible handsets available in Nike®+ Running app description posted on Google Play). Link your Nike®+ account to your Humana Fit account through the Universal Device Connection section on Humana Fit website.



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Activity Trackers	Nike®+ For more information: http://www.apple.com/ipod/nike/ Note: Nike®+ FuelBand is currently not compatible.	Calories: Burn 200 calories in a single workout and earn 15 Vitality Points (once per calendar day).	Nike®+ iPod® Sport Kit or Sensor. iPod touch®, iPhone 3GS®, iPhone 4®, and iPhone 5® include built-in support for Nike®+ iPod®, so no receiver is necessary. Register account through the Universal Device Connection section on Humana Fit. Nikeplus.com is compatible with the following browsers: • Internet Explorer: 9+* • Firefox: 4+ • Chrome: 10+ • Safari: 5+ • iPad Safari: iOS 4.3+ Note: Internet Explorer 9+ requires Windows Vista or Windows 7. If you are running Windows XP or earlier versions of Windows, you cannot upgrade to Internet Explorer 9, but you can download Firefox, Chrome, or Safari.
Heart Rate Monitors	Garmin® Heart Rate Monitors Most models that can download workout data to Garmin Connect are compatible. The list includes, but is not limited to: Running: – Forerunner 50* – Forerunner 405* – Forerunner 110* – Forerunner 405CX* – Forerunner 210* – Forerunner 410* – Forerunner 305# – Forerunner 60* – Forerunner 310XT* – Forerunner 610* Biking: – Edge 500# – Edge 705# – Edge 800# *wireless connectivity #USB connectivity	Heart rate: Exercise at an average of 60% or greater of your maximum heart rate for a minimum of 30 minutes in a single workout session and earn 15 Vitality Points (once per calendar day). Your maximum heart rate is calculated by subtracting your age from 220. Note: a compatible chest-strap transmitter needs to be worn during a workout in order for the heart rate data to be captured.	A USB cable or wireless Garmin ANT Agent are usually included with Garmin devices. Please check online product specifications or packaging. Install the “Garmin Communicator plug-in” on your computer: On the Humana Fit home page, click “Upload” under the Universal Device Connection section. Select “Import from Device” on the Garmin tab, then follow the steps on the screen to install the plug-in.

Notice for members with pacemakers or other electronic medical devices:

It is strongly recommended that HumanaVitality members who have a pacemaker or other electronic medical device consult with their doctor before beginning an exercise regimen and using a Heart Rate Monitor. A doctor may suggest an exercise test under his or her supervision to determine the appropriate intensity level for exercise and to ensure the simultaneous use of the medical device and heart rate monitor is safe for you.



	Device	Vitality Points Awarded for:	Connection equipment required
Heart Rate Monitors	<p>Polar® Heart Rate Monitor</p> <p>Most models that can download workout data to polarpersonaltrainer.com are compatible. The list includes, but it is not limited to :</p> <ul style="list-style-type: none"> – Polar Accurex Plus – Polar AXN500, Polar AXN700 – Polar Coach – Polar CS400, Polar CS500, Polar CS600, Polar CS600X – Polar E600 – Polar FT7, FT40, FT60, FT80 – Polar RCX5 – Polar RS300X, RS400, Polar RS800, Polar RS800X – Polar S610, S610i, S625X – Polar S710, S710i, S720i, S725, S725X – Polar S810, S810i – Polar Sport Tester – Polar Vantage NV – Polar Vantage XL – Polar XTrainer Plus 	<p>Heart rate:</p> <p>Exercise at an average of 60% or greater of your maximum heart rate for a minimum of 30 minutes in a single workout session and earn 15 Vitality Points (once per calendar day). Your maximum heart rate is calculated by subtracting your age from 220.</p> <p>Note: a compatible chest-strap transmitter needs to be worn during a workout in order for the heart rate data to be captured.</p>	<p>Polar FlowLink or Polar Datalink USB Data Transfer Unit not included with all models. Please check online product specifications or packaging.</p> <p>Register account through the Universal Device Connection section on Humana Fit.</p>
	<p>Timex Heart Rate Monitors</p> <p>Two models are currently compatible:</p> <ul style="list-style-type: none"> -Timex Ironman Global Trainer -Timex Ironman Run Trainer 	<p>Heart rate:</p> <p>Exercise at an average of 60% or greater of your maximum heart rate for a minimum of 30 minutes in a single workout session and earn 15 Vitality Points (once per calendar day). Your maximum heart rate is calculated by subtracting your age from 220.</p> <p>Note: a compatible chest-strap transmitter needs to be worn during a workout in order for the heart rate data to be captured.</p>	<p>Install the “MapMyFitness Plug-In for Timex” on your computer:</p> <p>On the Humana Fit home page, click “Upload” under the Universal Device Connection section.</p> <p>Select “Import from Timex”, then follow the steps on the screen to install the plug-in.</p>

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Games	Your Shape Fitness Evolved and Your Shape Fitness Evolved 2012 for Xbox 360 with Kinect	Calories: Burn at least 200 calories in a single day to earn 15 Vitality Points (once per calendar day).	Xbox®360 with Kinect gaming console. An Xbox Live membership (any level) through the Xbox 360 console is required. A Uplay account created while in the Your Shape game. Sign in to YourShapeCenter.com, click on the Humana logo, and provide your Humana Fit username and password to connect your Uplay account with your Humana Fit account.

Compatible fitness devices must have the ability to store multiple activity sessions and export the activity data from the device to a computer or the device website. This sheet provides a list of compatible fitness devices as of December 2012. Additional compatible fitness devices may be added to this list. Certain fitness devices may be removed from this list. Continue to check back periodically. In addition to meeting the required activity standards, in order to receive Vitality Points for fitness you must follow the instructions in columns labeled “Device” and “Connection equipment required” for your compatible fitness device, including registration of your device as applicable. For additional questions, call Customer Care using the number listed on the back of your member ID card. This document is only intended to list the products/equipment that are compatible with HumanaVitality®.

References to products and equipment are not an endorsement or warranty by Humana or HumanaVitality, LLC of the products or equipment. The manufacturers of the products or equipment are solely responsible for defects with or problems arising out of the use of their products or equipment.

You should consult your doctor before starting any exercise regimen. If it is unreasonably difficult due to a medical condition or if it is medically inadvisable for you to attempt the activity required to achieve the standards for awarding Vitality Points, please call the number on the back of your member ID card and we will work with you to develop an alternative activity. Humana is a Medicare Advantage organization and a stand-alone prescription drug plan with a Medicare contract.

